



CAMPHILL WELLBEING TRUST

Health Matters

Mother's treatment inspires Kimberley

A close shave for charity

MEET THE TEAM

In this first issue of Health Matters, we introduce our doctors and nurses

PAGE 2

BEHIND THE BLUE DOOR

Take the opportunity to find a hidden gem and support us at the same time.

PAGE 4

CONFIDENT SPEAKING

Do you want to be a more confident when speaking either publicly or socially? We can help.

PAGE 3

MISTLETOE THERAPY

Want to find out more about mistletoe therapy? We have an information day on Saturday, November 30.

PAGE 4



On seeing how mistletoe therapy had helped her mother, Kimberley Milne decided to do something to help others benefit from the therapy.

Helen Milne, Kimberley's mother, has been receiving mistletoe therapy for several months.

"Mum feels she has really benefited from the mistletoe therapy. She has more energy to enjoy life, particularly with her

grandchildren," says Kimberley, a single mother of two from Tarves in Aberdeenshire.

To raise money so that others, like her mum, can potentially benefit from mistletoe therapy, Kimberley decided to lose her locks.

The close shave raised £1,260 for Camphill Wellbeing Trust's Mistletoe for Cancer UK project.

www.mistletoeforcancer.org.uk

England cricketer John Edrich raises funds

£11,500 from golf day

Former England and Surrey cricketer John Edrich MBE organised a golf fundraising day in April at his local Ballater Golf Club.

John (pictured right with Dr Stefan Geider of Camphill Wellbeing Trust) played a total of 77 test matches for England.

Diagnosed with leukaemia in 1999, John was given seven years to live. He credits mistletoe therapy with the fact that he remains in good health and enjoys a busy life.



MEET THE TEAM

In each issue of *Health Matters*, we will introduce you to the integrated team of Camphill Wellbeing Trust (CWT) and Camphill Medical Practice (CMP). In this first issue we're focussing on the doctors and nurses.

Stefan Geider

GP, CWT Doctor and Chairperson

Originally from Rot, near Heidelberg in southern Germany, Stefan first became involved with Camphill Aberdeen in 1983. For three years, he lived and worked with the special needs children prior to his medical studies.



Stefan then returned to Germany to study at Heidelberg and Witten-Herdecke Universities. On qualifying, he worked at the university hospital where he received further training in anthroposophic medicine, including mistletoe therapy.

In 1993 he completed a PHD focussing on heart and breathing rhythms.

Coming to Aberdeen and completing his GP training, Stefan joined Camphill Medical Practice in 1996.

He works as an NHS GP but also plays a key role in Camphill Wellbeing Trust, where he has led the mistletoe outpatient clinic development.

Heather Jones

NHS Nurse and CWT Nurse

Heather has two roles: one as NHS practice nurse and another as Camphill Wellbeing Trust nurse assisting in the Mistletoe Clinic.



Here she provides support for patients, their families and her colleagues. She has a particular enthusiasm for helping patients to self care.

From Aberdeen, Heather started out as a district nurse, before working as a practice nurse in Peterculter and Culter. She joined Camphill Wellbeing Trust in 2006.

Married, with two daughters, and living in Banchory, Heather enjoys gardening and is a Girl Guide leader.

Marga Hogenboom

GP, CWT Doctor and Director

Marga hails from southern Holland, and has been with Camphill Medical Practice since 1992.



She originally studied medicine in Utrecht qualifying in 1984. She retrained as a GP in Aberdeen in 2001, and was awarded Fellowship of the College of General Practitioners in 2012.

In the Netherlands, Marga specialised in the field of learning disabilities and has continued this particular specialism in her Aberdeen work, particularly with Camphill.

Among her career highlights, Marga mentions her work as an author (see article opposite) and her role in achieving RCGP Quality Practice Award for Camphill Medical Practice in 2005.

In 2014 Marga will move back to the Netherlands to be close to family.

Wolfgang Furst

GP

Although Wolfgang graduated in medicine from Freiburg University, Germany he has worked as a GP in New Zealand and throughout the UK,



including London, Durham, Sunderland, Kilmarnock and Aberfeldy.

Settling in Aberdeen in 2005, he joined Camphill Medical Practice in 2007 and lives in Portlethen.

Working primarily as an NHS GP, Wolfgang has a particular responsibility for Tor-Na-Dee Care Home. He has additional qualifications in dementia and acupuncture and an interest in herbal medicine and nutrition.

Barbara Plant

Nurse

Barbara has worked with Camphill organisations for more than 30 years.

Originally from Hull, she moved to Northern Ireland in 1979 to work in Mournie Grange Camphill Community.

Coming to the north-east in 1991, Barbara worked in Beannachar Camphill Community for seven years, then in Milltown, Arbuthnott.

An honours graduate in history and sociology, Barbara completed her anthroposophic nurses training in 1999 and her diploma in nursing at Robert Gordon University in 2002.

Barbara then worked in the NHS for several years in Oncology and Palliative Care, before joining Camphill Wellbeing Trust in 2012.

Barbara finds her new role within the team inspiring, particularly working with patients receiving mistletoe therapy.



Simon van Lieshout

GP and CWT Doctor

Simon was born and grew up with his family in Camphill Communities in Aberdeen and Yorkshire.

He graduated with an MA from Cambridge in 2004, then studied medicine in Edinburgh, qualifying in 2006.

Training as a GP in Edinburgh and Fife, Simon completed his membership of the Royal College of GPs in 2011. He has gained further professional qualifications in women's healthcare and in complementary therapies.

As a GP, Simon is particularly keen to help patients find new ways towards health.

In his role at Camphill Wellbeing Trust, he sees patients for mistletoe therapy and is undertaking his postgraduate anthroposophic doctors' training.



Extending the approach to health and wellbeing

Looking at the whole person in the context of their situation

Welcome to our new *Heath Matters* newsletter. In this and future issues, we shall introduce you to the integrated work of Camphill Wellbeing Trust and Camphill Medical Practice.

The trust is a medical charity which aims to support an extended approach to health and wellbeing.

What does that mean?

Starting with the modern medical perspective of the patient as a whole person – physical, emotional, psychological, and spiritual – within the context of their social and life situation, we offer extended therapeutic options for addressing illness, improving resilience and maintaining wellbeing.

How does the trust relate to Camphill Medical Practice?

Camphill Medical Practice provides the core NHS services for all our registered

patients. The additional therapeutic services, used in our extended approach, are provided by the trust. They are available to people throughout Grampian and beyond.

Camphill Medical Practice and Camphill Wellbeing Trust work together for the mutual benefit of both organisations and, most importantly, for the good of our patients.

This includes our work with the children, young people and adults with learning disabilities and additional support needs within the Camphill communities.

What are your main fields of expertise?

We have particular expertise in learning disabilities, including autism, mental health problems, cancer care using mistletoe therapy, chronic illnesses and conditions such as ME and MS.

What is the relationship with Camphill?

Camphill Wellbeing Trust provides therapeutic and medical support to Camphill communities locally and throughout Scotland.

What about research?

The trust is involved in research, education and training. We publish in peer-reviewed journals and offer placements to medical students and other healthcare professionals.

How is the trust financed?

We raise funds through the Blue Door Charity Shop (featured on the back page), run by the Friends of CWT. We also receive contributions from Camphill communities, patients, supporters and fundraising initiatives.

Director, GP and author

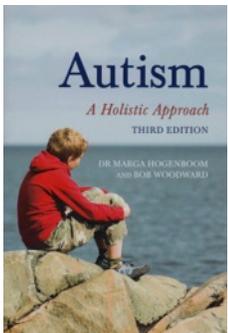
Fellowship honour for Marga

From early on in her medical career, Dr Marga Hogenboom began specialising in the field of learning disability.

This particular area of interest brought her from the Netherlands to Camphill in Aberdeen, with its six communities for people of all ages who have additional support needs.

Between her work as a GP and director of Camphill Wellbeing Trust, Marga has somehow found time to share her knowledge through writing for both specialist journals and her own books.

In 2001 she published *Living with Genetic Syndromes Associated with Intellectual Disability* which explores the impact of conditions like Down's Syndrome and Angelman's Syndrome, and looks at the implications for everyday life.



Her second book, *Autism: a Holistic Approach*, co-authored with Bob Woodward, is now in its third, updated edition.

Both books take a positive and practical

approach to caring for children with special needs.



In recognition of her contribution to the profession, Marga was made a fellow of the Royal College of General Practitioners in 2012 (picture above).

Getting your message across Effective communication

In today's world many communication sources jostle for our attention - TV, radio, Internet, email, social media - to name but a few.

Despite this, there is no doubt that word of mouth remains a highly effective means of getting your message across.

A new enterprise at Camphill Wellbeing Trust is designed to help clients become better speakers, more effective communicators and gain confidence in speaking both publicly and socially.

At *dp SpeechStudio* we aim to give clients practical tools to improve their speaking skills.

This specialist services includes:

- presentation skills
- public speaking
- confident speaking
- accent softening.

As well as helping those for whom speaking and good communication is required for business, we also cater for those who may not often be called to speak, but are faced with preparing for auditions and job interviews, or making speeches at a wedding.



"Clients learn best by practical application, repetition and fun," explains Donald Phillips, the voice and speech coach at *dp SpeechStudio*.

"We build an individually tailored programme around every person's needs to help them achieve their goals."

- To find out more about *dp SpeechStudio*, contact Donald Phillips on 07979 913323, or visit www.dpspeechstudio.co.uk

Raising funds for Camphill Wellbeing Trust Take time to look for a hidden gem

The Blue Door Charity Shop is something of a treasure trove.

Situated on the busy North Deeside Road, in the Aberdeen suburb of Bielside, customers are encouraged to rummage through its extensive stock: quality clothing, bric-a-brac, CDs, DVDs, linen, toys, books, jewellery and accessories.

Thanks to generous donors, customers and wonderful volunteers, the Blue Door Charity shop has raised £70,000 for Camphill Wellbeing Trust in the past year.

“Our volunteers work hard to ensure that prices are reasonable and the quality is good,” explains shop manager Pamela McBain. “Keen prices mean that we turn stock around quickly, which means we are always on the lookout for more.”

The shop also recycles textiles, jewellery, mobile phones, old currency and books.



The ‘Look Fabulous for Less’ blog is among the Blue Door Charity shop’s fans:

“Hunting through racks of clothing, rather than having it displayed, is what it is all about. You can find a hidden gem that will sparkle in your wardrobe and each time you wear it you will remember how you plucked it from obscurity...”

The shop staff deliberately create a relaxed atmosphere to encourage shoppers to take time to browse.

So, next time you’re driving into Aberdeen through Bielside, take the time stop.

- The Blue Door Charity Shop, 57-59 N Deeside Rd, Bielside, Aberdeen AB15 9DB Tel 01224 861830 Open Wed-Sat 10am to 4pm. Join us on Facebook.



Therapy update

Mistletoe therapy information day

Mistletoe for Cancer UK is organising an Information Day on Saturday, November 30, to provide patients, friends and interested healthcare students or professionals with up-to-date information on mistletoe therapy.

The information day will be led by Dr Maurice Orange of the Ita Wegman Clinic in Switzerland and Dr Stefan Geider of Camphill Wellbeing Trust.

It will take place from 11 am to 4 pm at Camphill Hall, Murtle Estate, Bielside, Aberdeen AB15 9EP.

The programme for the day will include:

- Aims and types of mistletoe therapy
- Update on current research
- Patient experiences of mistletoe therapy
- Q & A session with expert panel

Lunch and refreshments will be provided.

The information day is sponsored by Mistletoe for Cancer UK. Donations towards costs of around £10 per participant would be appreciated.

To book your place please contact Catherine Redgate on

01224 869833 /869844 or email mistletoe@camphillwellbeing.org.uk.



Mistletoe Photo: © J Beuss

Mistletoe for Cancer UK is an initiative founded by patients and friends, with the support of health professionals and the medical charity, Camphill Wellbeing Trust.

Camphill Wellbeing Trust is a registered charity.

Our aims are:

- to promote innovative approaches to health, education, and social care
- to develop understanding of our approach through education and training
- to promote related research
- to provide equality of access to our therapeutic services
- to raise funds in support of these aims

Camphill Wellbeing Trust

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